

# ***BETter Living ...***

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## **Keys to Embracing Aging – Tuning into the Times**

We have always been encouraged to try new things throughout our life. New things and ideas bring change and that causes some people anxiety as they have enjoyed how they have always done something a certain way. Change is something that can be very positive in society.

One thing that has changed is the radio, television, and news industry. The people who have experienced the most change is the centenarians. They have lived the longest and have chosen to learn and try new things in this ever-changing world.

Cellphones are something that has transformed how we live our life. We use them for many different reasons: to make a phone call, check email, text someone, navigate the road, and much more. There are many apps that are used each day and we never leave the house without them.

Computers and the internet definitely impacts our lives each day. With computers, lots of information is just a click-away. We use the internet to: browse, keep in touch with friends and family through social networks, email, video calls, market businesses, read newspapers, plan a vacation, and much more. Many centenarians are immersing themselves in the computer world, so they can stay in touch with friends and family as picking up the phone and calling someone doesn't always happen or writing a letter and sending it in the mail.

Video games have evolved into a world that encourages physical activity as well as brain use. No matter what your age, you are encouraged to find ways to use your brain for memory, making decisions, paying attention and much more. Some of the games help older adults keep sharp minds, which will slow the progression of Alzheimer's disease.

We all love a good tune. Music surrounds us every day. Whether we are in our car, or at the doctor's office, or in a store, music can be playing. Music can help us reduce stress and anxiety, distract us from pain, lower blood pressure, reduce our heart rate, and relax our muscles. Studies have shown that music can trigger memory, decrease agitation, and enhance reality orientation and self-awareness among Alzheimer's disease patients. Music can be a medicine by itself.

Engaging in technology and learning new technology keeps you mentally active and socially engaged, so please embrace technology and other changes.

I encourage you to learn something new each day!

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